

Clarence Weber is the champion strength athlete of Australia and is considered one of the finest examples of physical perfection in the world today. He is a wrestler, runner, jumper, as well as a lifter and is a living refutation of the theory held by some that weight lifters are by necessity clumsy like draft horses and fitted for nothing but elevating masses of metal. Weber's thigh development is absolutely phenomenal and he is almost unequaled at deep knee bending with heavy weights. He actually claimed to the writer that he had accomplished a deep knee bend on one leg while holding a 220-lb. bar bell on his chest. Hackenschmidt testified several years previous to this that he saw Weber do the same exercise with 160 lbs. three times in succession. Weber is an all-around performer at the clean style of lifting and holds several Australian records for lifting and his development is mainly the result of this kind of work. *mainly strength*